



Faculty of Health and Social Care Sciences
KINGSTON UNIVERSITY • ST GEORGE'S, UNIVERSITY OF LONDON

MSc Exercise for Health

Be actively part of a healthy future

Suitable for any professional with an interest in exercise, the MSc incorporates social marketing and policy issues in a multidisciplinary and holistic fashion, with strong emphasis on exercise physiology and psychology.



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Exercise for health has recently received considerable government and media attention, particularly in response to the emerging concerns regarding the escalating national rates of obesity and its corollary effects. Strategies to promote and implement exercise for health require expertise from many different professionals. In addition, the interest in the sports sciences generated by the successful London bid for the 2012 Olympic Games, and the national and international concerns regarding the impact life style has on our well-being, aid the requirement for a masters programme that addresses these issues.

Suitable for any professional with an interest in exercise, the course incorporates social marketing and policy issues in a multidisciplinary and holistic fashion. There is a strong emphasis on exercise physiology and psychology.

By its nature the MSc Exercise for Health is a forerunner in its field, bridging the gap between sports science elite and the general population in a holistic fashion. It will equip students with the tools to become proactive in change, and actively part of a healthy future.

Course Content and Structure

Core Modules

- **Critical thinking for exercise for health**

This module will review the important areas of literature searching, critical reading and writing skills in order to develop the student's ability to reflect on their own practice. It will address issues of belief systems and sources of bias, fallacies and validity, and debate cultural, moral and ethical issues in exercise.

- **Life stages I and II**

Life stages in exercise for health – (the early years)

This module will explore the role of exercise in condition prevention in school, through the medium of social policy and active play. It will include early childhood matters, such as childhood diabetes, obesity and asthma addressing the exercise for health concerns and their impact on future life. The role that exercise plays in school leavers and the impact of this on social, cultural and economic issues will also be explored.

Life stages in exercise for health – (the later years)

This module will cover topics such as exercise, health and the ageing process using case studies to demonstrate the current innovative practice and approaches used. Significant areas such as chronic low back pain prevention and

management, synovial joint replacement, cardiovascular disease; respiratory conditions and adult obesity will also be explored.

- **Managing fatigue, implications for exercise**

This module will visit concepts in the development of fatigue during exercise and explore exercise prescription for pathology induced fatigue. Students will be introduced to physiological, pathological and psychological aspects of fatigue in the context of exercise.

- **Psychology for exercise professionals**

This module will cover the psychological correlates of physical activity and inactivity determinants, the psychological theories of physical activity and health. It will explore the role of motivational interviewing and the application of psychological interventions whilst addressing the principles of physical activity and wellbeing.

- **Research methods I and II**

Option module

- **Obesity and diabetes**

This module will build on the issues covered in the Life Stages modules and further analyse and evaluate the areas of the family unit, the role of social marketing, environmental issues and policy. Addressing the impact and implications that obesity and diabetes has

on pathophysiology with reference to the NICE guidelines.

Assessment

Oral and poster presentations, examinations, essays, reports and critiques, case studies and a dissertation.

Duration and attendance

One year full-time, two days per week.
Two years part time, one day per week.
All modules can be taken as standalone modules.

Delivery

The course will be delivered using a mixture of lectures, workshops, tutorials and laboratory practicals.

Location

St George's, University of London Campus,
Penrhyn Road Campus, Kingston
University.

Entry Requirements

Previous relevant degree.

Further Information

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The Faculty of Health and Social Care Sciences – a Kingston University and St George's, University of London partnership

Established more than a decade ago, the Faculty of Health and Social Care Sciences, run jointly by Kingston University and St George's, University of London, is one of the leading providers of health and social care training in the United Kingdom.

With more than 4,000 students, the Faculty offers a wide range of courses in nursing, midwifery, radiography, physiotherapy, social work, paramedic sciences, biomedical sciences and continuing professional development.

Drawing on the strengths of both institutions, including the internationally-renowned research carried out by St George's and Kingston's reputation for teaching excellence, the Faculty is committed to working with the NHS to provide education and training to support changing service needs. It operates from three sites in South West London – Kingston University's Kingston Hill and Penrhyn Road campuses and St George's Tooting base.